

Media Release

FOR IMMEDIATE RELEASE:

Oshawa Public Libraries Introduces Light Therapy Lamps

Oshawa Public Libraries, December, 2017

Oshawa Public Libraries is offering a new type of service to its visitors.

This December, light therapy lamps will be available at all four library locations for use inside the Library.

Light therapy lamps imitate natural outdoor light, and researchers suggest they can lessen the effects and offer some relief from seasonal affective disorder (SAD). According to the Canadian Mental Health Association, SAD can prevent sufferers from functioning normally in their personal and professional lives. Approximately 2% and 3% of the population may have SAD, while another 15% may experience less severe symptoms often described as “the winter blues”. Sitting in front of the direct light from a light therapy lamp for 20 minutes, without looking directly into the light itself, can help combat the winter blues. Customers with any questions or concerns about light therapy should check with their healthcare professional.

“Quality light therapy lamps are expensive and not easily attainable for those who may benefit from it most,” says Frances Newman, C.E.O., “We’re pleased to offer this new service as part of the Library’s continuing commitment to wellness.”

For more information, contact us at 905-579-6111 ext. 5214

Oshawa Public Libraries serves the City of Oshawa through 4 locations. To learn more about Oshawa Public Libraries, visit our website at oshlib.ca. To get the most current updates on what's happening at the Library follow us on Twitter and Instagram @oshawalibraries.

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